

ON THE MOVE

New Hampshire Department of Transportation Newsletter



Fall 2017



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On the Job...

The Hippo newspaper publishes a regular feature entitled "On the Job" that asks questions of people working in various fields about what they do and how they chose their professions. Two NHDOT employees have been featured in recent issues - Barbara Rollins (Highway Design) and John Robinson (Rail & Transit). Here are a few of their responses.

Explain what your current job is?

(Barbara) I am a landscape specialist for the Department of Transportation in the Bureau of Highway Design in a little section called Roadside Development. My job consists of a pretty wide range of duties, such as landscape design work after construction projects, wildflower and lilac planting contracts along the interstates and spraying invasive species along state rights-of-way.

(John) I am the New Hampshire DOT's Railroad Inspector/Investigator. I inspect railroad track, bridges, equipment, and other rail related structures for compliance with federal, state and company standards and confirm required remedial action. I inspect railroad/highway grade crossings for proper visibilities, road condition, protective warning devices, railroad related signals and equipment. I investigate all accidents involving any aspect of railroad operations and complaints of railroad condition, operation or service.

How did you get interested in the field?

(Barbara) I've always loved horticulture and making things grow and look pretty. When I started at DOT, I never dreamed I'd be a landscape specialist but I started in their training program, and that sent me through several different bureaus within the DOT, and one of them on the list was Roadside Development. I loved it there and after finishing the training program, there happened to be an opening there, so I applied for it and I got the job and I've been there ever since.

(John) I am a New Hampshire native and third-generation railroader. I worked for 23 years in track and structures construction for a metropolitan New York commuter rail system before returning home to New Hampshire in 1997.

How did you find your current job?

(Barbara) It was through a job fair. In computer science there were lots of peaks and valleys, and I had been laid off a few times. I decided I wanted to change careers, and it was through this job fair that I got an interview with the DOT.

(John) When I returned to New Hampshire I worked for the Turnpikes Bureau as a highway maintainer for two years. While completing a job application for a Highway Patrol Foreman opening, I noticed a posting for Railroad Inspector/Investigator. What I discovered at the first interview was that I was not applying for a Railroad Inspector job but the Railroad Inspector job.



What is your typical work uniform?

(Barbara) It's just casual jeans and T-shirts. Heels have no place on the job. During spraying I wear goggles, long sleeves and long pants, and plastic gloves.

(John) Khaki pants, golf polo, steel-toed work boots, hard hat, safety vest and safety glasses.

What are you interested in right now?

(Barbara) I love photography and I love to paint. I do watercolor painting.

(John) I'm still trying to master the game of golf. I do a lot of home projects.

Storm Response and Recovery

By the Numbers and in Pictures - July 1 Flooding

The tireless efforts by all NHDOT participating crews, along with hired equipment and operators, did not go unnoticed.

Thanking some of those in person who worked very long days in July and early August, Governor Chris Sununu said, "You came together to make it happen, and you did it right."

From Commissioner Victoria Sheehan, "I truly appreciate your efforts. It was remarkable."

Director of Operations Dave Rodrigue said he was proud of everyone's efforts to repair the storm damage. "This type of response is because of your day to day dedication to your jobs," Dave said.

Up to six inches of heavy rain fell in the Upper Valley and White Mountains Regions on July 1 damaging the State roadway network and making emergency access to New Hampshire citizens difficult.

NHDOT crews immediately went to work. Initial work focused on reopening roads as soon as possible and providing affected residents access to their homes. By July 6, all State roads were open except a portion of NH 25A in Orford and NH 116 in Easton.

By the numbers:

- Eight State roads were closed at 17 different locations in three Maintenance Districts.
- Estimated damage to State roads – More than \$3.5 million.
- More than 277 NHDOT employees worked more than 27,000 hours at a cost of about \$850,000.
- Approximately 81 pieces of rental equipment worked close to 7,000 hours and traveled over 73,000 miles at a cost of about \$243,000.
- Material costs exceeded \$350,000.
- District 2 crews replaced 2,740 feet of culvert pipe. Over 20,000 cubic yards of stone and gravel was purchased and used to rebuilt washed out roads.



NH Route 116 in Easton



NH 25A – "squash pipe"

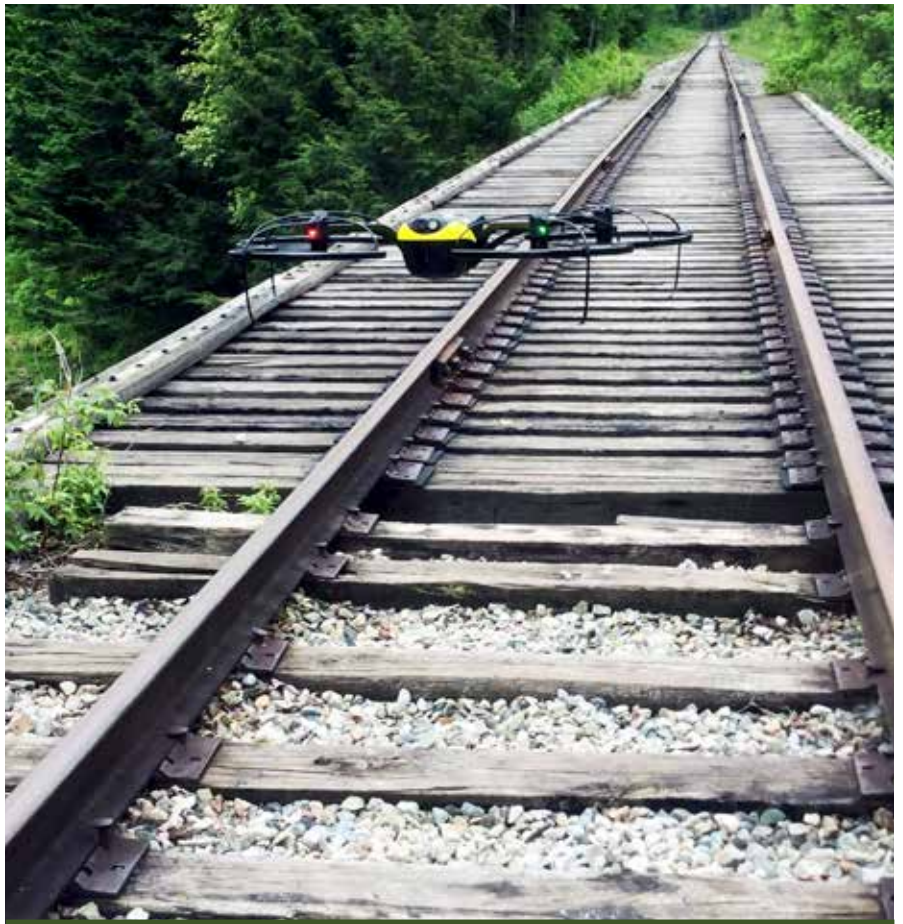


NH 25A – eastern washout

Evaluating the use of Drones in Transportation

The Materials & Research Bureau used an Unmanned Aerial System (UAS) in Crawford Notch to get close-up looks at rock cuts. Using a drone to evaluate rock slope stability is just one area where drones are being tested for their effectiveness by the NHDOT. Meanwhile, the Aeronautics Bureau is working with the University of Vermont on a case study looking at the effectiveness of UAS for inspecting bridges and rail lines, including this trail in Lancaster. *(bottom right)*

Photo by Neil Olson (Engineering Geology Unit)



Ensuring

A Safer Walk (and bike ride) to School in NH

Led by school children and adults who care about them, New Hampshire's transportation system has found new balance during the last decade through Safe Routes to School (SRTS).

Add bicycle lanes, and improve tip-down ramps, pavement markings and signs, and you have the beginning of a system that serves all users. The program also supports bicycle and pedestrian safety instructions, efforts to encourage bicycling and walking, and safety-oriented law enforcement.

By the fall of 2018, the NHDOT will have used about \$8 million in SRTS funds in partnership with local government, schools, and non-profit organizations. The goal of Safe Routes to Schools is to enable and encourage children in kindergarten through 8th grade to safely walk and/or ride bicycles between home and school. The program aims to serve all children, including those with disabilities, who live within two miles of a school.

"For a geographically small state, I have been amazed at the variety of communities and local cultures I have seen," said John Corrigan, SRTS coordinator since November 2006. "Every community presents unique opportunities and challenges. When I see enthusiastic kids outside and active, it makes it all worthwhile."

*It is happening one short
stretch of sidewalk at a time.*



FILL 'ER UP at 30,000 Feet!

Chuck Schmidt gets an up close look at the refueling while lying on his stomach and getting briefed by the fuel boom operator



Tom Santos (Design Services) and Chuck Schmidt (Right-of-Way) were selected in August for a rare opportunity to watch a "Boss lift" refueling mission by the 157th Air Refueling Wing of the New Hampshire Air National Guard.

"As a previous Supervisor, Mr. Schmidt supported my Army Reserve obligation for eight summer camps, two deployments totaling to about 3 years away from my desk, and, countless Thursdays and Fridays off to help me prepare for weekend drills and field exercises," Tom says.



Chuck Schmidt, Right-of-Way Administrator, and Tom Santos, a Utility Coordinator in the Design Services Section of Highway Design, are seen just before boarding a New Hampshire Air National Guard refueling mission flight.

My Journey to Wellness

By Joe McCue / NHDOT Wellness Coordinator

On May 6th of last year, I did my Know Your Numbers and my blood sugar came back at 292. This was very high, but I tried to rationalize it because I had just eaten a muffin a little earlier that day. The following week I had my annual physical and mentioned it to my doctor. She recommended an A1c test to check for diabetes which I did on May 18th.

The A1c test measures the average blood sugar over an approximately three month period. Under 5.7 is normal, 5.7 to 6.5 is considered pre-diabetes and 6.5 and above is the diagnostic threshold for diabetes. My test came back at 9.7! Apparently, this is dangerously high.

At first, I felt ashamed. I was a wellness professional and I couldn't even keep myself from getting ill. Two seconds later, I made my next decision - I was responsible for letting this happen and now I was going to take responsibility to do whatever it took to beat this!

My doctor prescribed some medication but I was uncomfortable with some of the possible side effects. I decided that I would go as far as I could making only diet and lifestyle changes and would take the medication as a last resort.

I immediately went to work. Step one was to toss everything in my cupboards with sugar. I then researched all natural ways to help manage blood sugar as well as to find tasty, low sugar recipes. It was tough at first but failure was not an option!

After about a month of doing this, I needed to know if it was working so I asked my doctor to order another test. On June 21st, my A1c came back at 8.0! Two months after that, on August 19th, it was down to 7.0 - I knew I was on the right track!

In December, I used my equipment reimbursement benefit to buy an exercise bike. I started riding it almost every day and that, it turns out, was the missing piece. I am more than pleased to report that as of mid-September, my A1c is now 5.6! It took me sixteen months but I finally did it and with no medication! As a bonus, I'm also down about twenty pounds! Going forward, I know I have to be vigilant about maintaining my health as it is my most valuable possession!

For me, it centered around making my health a priority and redefining my relationship to food, eating and exercising. The funny thing now is that I don't crave sweets at all. The choices I had to make over the last sixteen months weren't always easy, especially in the beginning, but they got easier every day and they were always worth it!

I hope my story will inspire you to make the sometimes difficult choices for your best health...because you and your family are worth it!



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Maintaining 2,100+ State-owned bridges

Of the 3,848 bridges in New Hampshire, a total of 2,159 are state-owned. NHDOT Bridge Maintenance Bureau employees are responsible for the maintenance and repair of these bridges with a range of responsibilities, including bridge preservation, rehabilitation, and emergency repairs. Here's a look at some of the many projects that crews have been involved with in recent months.



NH 18/116 in Sugar Hill...

Replaced a "Red Listed" metal pipe with a concrete slab bridge with a 22-foot span on NH Routes 18/116 over Indian Creek in Sugar Hill. A crane purchased as surplus from the Federal Government several years ago was used in setting the deck panels. The new bridge was opened right on schedule on August 14th.

NH 135 in Bath...

Crews from Bridge Maintenance crew 10 and District 2's Patrol Section 204 worked together on emergency repairs to the supporting wall under NH Route 135 in Bath. Some sections of this wall along the Connecticut River at the Narrows date back to the Civil War era.



NH 142 in Bethlehem...

The Bridge Maintenance Bureau's Dan Stinson and Jerico Ward work on finishing emergency repairs to the NH Route 142 bridge over the Ammonoosuc River in Bethlehem. The bridge was "Red Listed" following the discovery of a "partial fracture of a truss vertical member."



Fowler River Road in Alexandria...

Replaced a bridge deck with a widened deck and removed the pier to convert to a single span structure.



NH 84 in Hampton Falls...

Replaced "Red List" multi-plate pipe over Hampton Falls River with precast concrete box culvert.



NH 1A in Hampton...

Emergency repairs to two lift shaft couplers on the NH lift bridge over the Hampton River.



US 3/NH 11 in Gilford...

Repairs to "Red List" bridge over Jewett Brook located about 25 feet below the Laconia Bypass



NH 31 in Washington...

Deck and rail replacement to a Red List Bridge over Shedd Brook.



NH 16 in Pinkham Grant...

Deck, curb and rail work on the NH 16 bridge over New River.



The Sarah Long Bridge nears completion...

Bridge Maintenance employees who will soon be responsible for the operation and maintenance of the new Sarah Long Bridge checked out the “float in” of the center lift span on October 18th. Those working out of the Portsmouth Office include: Donna Emery, Lee Emery, Dan Dionne, Joe McKinley, and Cam Merrill. Once complete and placed in-service, the new lift span will weigh approximately 4 million pounds or 2000 tons. The new Long Bridge connecting Portsmouth, New Hampshire and Kittery, Maine is expected to be open to traffic in December.



“Am I really down?”

A Motorcycle Ride...a Deer...a Lesson in Safety

District 3's Sheila Haines shares her story of a close call

The sun was setting on a warm Friday night in late July. Sheila Haines and her fiancé Henry Yip had just dined at a restaurant in Ossipee and were heading home to Meredith.

Henry was the lead on his motorcycle. Sheila, who works as an Administrative Secretary in District 3, was three car lengths behind on her Harley Davidson on Route 25 in Center Harbor. Suddenly a deer darted right in front of her.

“I saw the deer when it crossed the white line. I hit the brakes, and when I hit them a second time, I went down. I remember thinking ‘I can’t believe this is happening. Am I really down?’”

Sheila estimates she was going 50 MPH when she dumped the bike. She remembers “spinning, tossing and turning” for at least 30 to 40 yards. Her motorcycle slid about 200 feet into the opposite lane and was narrowly missed by an oncoming car.

“It was a relief seeing Henry hit his brakes in front of me,” Sheila recalls. “I did not lose consciousness and I jumped right back up.”

Amazingly Sheila’s injuries turned out to be relatively

minor compared to what could have been - a broken rib, and road rash on her chin and both knees. She even rode her motorcycle the rest of the way home. She attributes her good fate to the protection she was wearing when she hit the road, including a helmet, a riding jacket, boots and jeans.

Sheila is now a believer in wearing a helmet, which was not always the case in her motorcycle riding past. “I hit my head on the pavement at least twice while I was rolling. I remember thinking thank God I had my helmet on. I went face first and the helmet visor saved much of my face from the pavement.” The riding jacket “saved my arms” and “crash bars” kept the weight of her 800 pound motorcycle off her legs.

Sheila Haines has no plans to stop riding on a motorcycle, but she will never get on one again without the proper gear.

“I am not going to park my bike. Anybody I talk to, I will share my story,” she says. “That’s why I’m here today.”

As for her encounters with deer, “I previously had a deer hit the side of my car and flip over my car. In the last two years, two deer have taken me out!”



Service Awards (3rd Quarter)

10 Years:

Kevin A. Spalding - District 4
Julius J. Nemeth - Highway Design
Terri-Sue Tripp - Mechanical Services
Rockland R. Jones - District 1
John J. Brady - District 3
William G. Bailey III - District 2
Holly L. Fletcher - District 4
Richard A. Drew - District 6
John A. Clark - District 6
Treffley E. Sage - Turnpikes
Nancy L. Spaulding - District 3
Michael T. Strozewski - Construction/Eng Audit
Gregory T. Tedeschi - Construction/Eng Audit
Eric C. Scott - TSMO
Matt R. Urban - Environment
Timothy S. Cone - Traffic
Richard P. Arcand - Commissioner's Office
Linda K. Schoffield - Right-Of-Way
Benjamin R. Blanchette - Materials & Research

15 Years:

Eric G. Smith - Construction/Engineering Audit
Kirk O. Mudgett - Highway Design
Terry M. Barrows - Turnpikes
Samantha D. Fifield - Highway Design
Leonard L. Russell - Finance
Bobby D. Johnson - Bridge Maintenance
David T. Bugbee - Highway Design
Philip N. Audet - Mechanical Services
Timothy W. Stewart - Turnpikes
Joseph J. Deluca - Turnpikes
Richard D. Fry - Materials & Research

20 Years:

Kathleen A. Helie - Turnpikes
Deborah J. Housel - Turnpikes
Ivan J. Downs - District 1
Elizabeth A. Syvertson - Turnpikes
Richard L. Wentworth - Turnpikes
Timothy D. Hubley - District 3

John H. Robinson - Rail & Transit
Charles W. Dylyn Jr - District 5
Aaron C. Janssen - Bridge Design

25 Years:

Jason R. Leavitt - Construction/Engineering Audit
Nathan J. Lewis - Bridge Design
Todd C. Nason - District 3
James L. Lamora - Mechanical Services
John H. Rice III - Mechanical Services
Shawn M. Washburn - Bridge Maintenance
Brian J. Barney - District 1
Glenn A. Smith - District 4
Lysa R. Bennet-Crouch - Highway Design

30 Years:

Mark E. Keddy - District 5
William E. Rand - District 5
Robert A. Eaton Sr - District 6
Cynthia H. Lovejoy - Finance
Glenn E. Roberts - Materials & Research
Keith J. Kelley - District 5
Faith A. Ellis - Bridge Maintenance
Douglas R. Rogers - Materials & Research
Anthony L. King - Highway Design
Charles R. Dusseault - Materials & Research
James D. Taylor - Planning & Community Assistance

35 Years:

Bruce A. Cooper - Right-Of-Way
Joseph Burbee Jr - District 2

40 Years:

Jeffrey A. Amrol - Mechanical Services
William J. Hardiman - Highway Design

NHDOT People



Faith Ellis, Administrative Secretary in the Bridge Maintenance Bureau, has marked 30 years of service for the State of New Hampshire. Faith has also worked in the Turnpikes Bureau and for the NH Division of Personnel.



Bryanne Campbell (Highway Design) recently achieved the milestone of climbing all 48 four-thousand foot mountains in New Hampshire. The challenge

took four years to complete.



Nickie Hunter (Construction) was inducted into the WPI Athletic Hall of Fame for her achievements as a “key member of the field hockey and softball teams” in the early 1990’s. The District Construction Engineer has worked for the NHDOT for 22 years, overseeing several major construction projects in the seacoast area, including the Memorial Bridge replacement project in Portsmouth, Open Road Tolling in Hampton, and the Newington-Dover Spaulding Turnpike project.



The NHDOT’s “Civil & Disobedient” team competed in the 203-mile “Reach The Beach 2017” relay race from Bretton Woods to Hampton Beach, finishing in 27 hours, 2 minutes, 54.3 seconds, placing an impressive 36th out of 463 teams.

The “Hacks” made it back-to-back Commissioner’s Cup golf tourney titles, shooting ten under par to take top honors by one stroke in the 28th annual event played at Lochmere Country Club in Tilton. Pictured from the winning team are (left to right): Bill Oldenburg (Commissioner’s Office), Bob Landry (Bridge Design), Keith Cota (Highway Design), and Cindy Brown (formerly Right-of-Way).



The NHDOT was well represented at the annual Cigna/Elliot 5K Walk/Run event in Manchester on August 10th. The NHDOT team included: (left to right) Brendan O’Sullivan, Phil Brogan (Bridge Design), Des Pomeroy (District 2), Lauren Stromer (Finance), Lynne Riel (formerly ROW), Trisha Morrison (ROW), Bill Oldenburg (Commissioner’s Office), Kristin Oldenburg and Joe McCue (OSC). Also participating were Erik Paddleford (Rail & Transit) and Nate McGrath (Mechanical Services).

Personnel Updates

New Hires:

Kevin L. Raymond - District 3, Crew 16
Penny L. Lamarre - District 3
Richard G. Hutchinson - District 3, Crew 24
Robert J. Richardson - District 2, Crew 14
Robert M. Coates - Traffic Pave Marking
Wayne A. Garland - District 6, Crew 9
Adam D. Young - District 1, Crew 5
Sara T. Sanborn - Railroad
William J. Patten - District 4, Crew 7
Andrew S. Avery - District 2, Crew 3
Sean M. Coffin - Fuel Distribution
Erik P. Hirtle - Tpk-Hampton Maintenance
Samantha L. Fauteux - Turnpikes-Hooksett
Paul T. Regis - District 1, Crew 22
Douglas B. Locker - Bridge Maint-Concord
Jeffrey J. Stendor - District 3, Crew 9
Jeffrey S. Farwell - Bridge Maint-Newfields
Jacqueline E. Hozza - Bridge Design
Ryan M. Teffner - District 2, Crew 12
Timothy P. Cassin - District 5, Crew 28
Robert A. Sullivan - District 1, Crew 7
Laith O. Qurreh - Bridge Design
Blake N. Abney - District 6, Crew 5
Kendra G. Anthony - Commissioner's Office
Timothy M. Hildreth - District 4, Crew 11
Austin J. Lyman - District 2, Crew 24
Adam W. Bean - District 2, Crew 24
Gregory D. Mason - District 3, Crew 24
Robert J. Parnell - Tpk-Hampton Maintenance
Robert L. Gonyea - District 2, Crew 13
Paul T. Brochu - District 5, Crew 15
Robert F. Holmes - District 4, Crew 7
Robert C. Partridge - District 5, Crew 28
Katherine E. White - Finance And Contracts
Diane A. Demakis - Right Of Way
Jake R. Martin - District 5, Crew 26
Cody J. Hurley - District 2, Crew 24
David W. Dostie - District 5, Crew 27
Nicholas C. Hall - District 2, Crew 24
Cynthia Fisher - Turnpikes-Hooksett

Promotions:

Kathryn Holtgrewe - Program Specialist I, Turnpikes
Rebecca Eastman - Accountant II, Finance
Benjamin Toomey - Highway Maintainer III, District 2
James O'Donnell - Highway Patrol Foreman, District 6
Scott Robinson - Heavy Equip Mechanic, Mechanical Svcs
Trina Russo - Engineering Technician IV, Highway Design
Kevin Kennedy - Eng Tech IV, Construction/Eng Audit
John Sartorelli - Eng Tech IV, Construction/Eng Audit
William Taylor - Eng Tech IV, Construction/Eng Audit
Kurt Robbins - Eng Tech IV, Construction/Eng Audit
Bradford Laclair - Highway Maintainer III, District 5
Meaghan Keach - Traffic Signal Technician III, Traffic
Jarrold Ryan - Asst Highway Patrol Foreman, District 1
Susan Pelletier - Accounting Tech, Bridge Maintenance
Aaron Waterman - Highway Maintainer III, District 2
Raymond Dodier - Highway Maintainer III, District 3
Matthew Blixt - Supervisor IV, Turnpikes
Jon Collins - Asst Highway Patrol Foreman, District 1
Vivian Bradeen - Toll Attendant II, Turnpikes
Spencer Burbank - Bridge Maint, Bridge Maintenance
Joseph Dussault - Toll Attendant II, Turnpikes
Sandra Lachance - Human Resources Coordinator II, HR
John Hamilton - Asst Highway Patrol Foreman, District 6
James Hargy - Civil Engineer IV, Materials & Research
Linda Sanborn - Toll Attendant II, Turnpikes
Robert Blad - Heavy Equip Mechanic, Mechanical Svcs
Michael Demers - Highway Maintainer III, District 5
Brian Labrecque - Lift Brdg Worker III, Brdg Maintenance
Shawn Bersaw - Highway Maintainer III, District 5
Adam Barton - Highway Patrol Foreman, District 2
Kevin Lapointe - Eng. Tech. V, Construction/Eng. Audit
Stephen Detrio - Business Systems Analyst II, Hwy Maint
Scott Jolicoeur - Highway Maintainer III, Turnpikes
Denis Bright - Accountant IV, Finance
Kerry Locke - Engineering Technician IV, District 6
Greg Lingley - Asst Highway Patrol Foreman, District 5
Matthew Theriault - Asst Hwy Patrol Foreman, District 1
Brian Scribner - Asst Hwy Patrol Foreman, District 1
Christopher Washburn - Hwy Maintainer III, District 5

Personnel Updates

Timothy Smith - Hwy Maintainer III, Turnpikes
David Simonella - Eng. Tech V, Construction/Eng.Audit
Pamela Mack - Program Specialist I, Finance
Aaron Diers - Signal Technician III, Traffic
Shayne Woods - Bridge Maintainer II, Bridge Maintenance
Neil Weber - Highway Maintainer III, District 5
Robert Blad - Welder Mechanic I, Mechanical Services
Nathan Alden - Highway Patrol Foreman, District 3
Christopher Rose - Pavement Marking Foreman I, Traffic
Richard Turcotte - Asst Hwy Patrol Foreman, District 3
Ross King - Bridge Maintainer III, Bridge Maintenance
Kevin Daigle - Civil Engineer IV, Bridge Design
Nicholas St Cyr - Asst Hwy Patrol Foreman, District 1
Justin Smith - Asst Hwy Patrol Foreman, District 2
Bradley Clough - Asst Highway Patrol Foreman, District 2
Tracy Dematos-Hagman - Accountant III, Finance
Gary Bartlett - Program Spec. III, Commissioner's Office
Louie Lemerise - Asst Highway Patrol Foreman, Turnpikes
Travis Hackett - Highway Maintainer III, District 4
Lillian Everett - Clerk IV, Construction/Engineering Audit

Retirees:

Ellison Welch - Construction/Engineering Audit (38)
Timothy Landry - District 3 (38)
Mark Fagnant - Bridge Maintenance (36)
Daniel York - Mechanical Services (32)
Dennis Smith - Bridge Maintenance (32)
Dennis Croteau - District 1 (31)
Roger Gonyo - Bridge Maintenance (30)
Ronald Pierce - District 1 (30)
Edward Cofferen - District 5 (29)
Nancy Mayville - Planning & Community Assistance (28)
Wayne Verrill - District 3 (22)
Glenn Perry - District 1 (20)
Douglas Pedeaere - District 5 (11)
Jerry Bracy - Bridge Maintenance (11)
Henry Laporte - District 6 (11)
Paul Eames - District 6 (10)
Jeffrey Sargent - Finance (37)
Randy Talon - Environment (31)

Russell Pilotte - District 1 (30)
Mark Keddy - District 5 (30)
Dale O'Connell - Environment (26)
Linda Smith - Right-Of-Way (25)
Joan Gervais - Turnpikes (10)
Brian Wright - District 4 (10)
Kevin Spalding - District 4 (10)



Randy Talon

(Environment Bureau)
retired July 27th with 31
years of State service.
In addition to being
an Environmental
Coordinator, Randy

also worked in District 3 and with the Planning,
Construction, and Right-of-Way Bureaus.



Mike Tuttle, an

Engineering Technician
the Final Design Section
of the Highway Design
Bureau, retired on October
27th with 21 years of
NHDOT service.



Gordon Nason, an

Assistant Patrol Foreman
in District 3's Freedom
Patrol Section #303, retired
on October 31 with 25
years of State service.

Letters



September 18, 2017

Just a note to thank the team working on the upgrade to Rt106/Seavey Road.

There certainly is no issue with visibility pulling out onto Rt 106 from Seavey with the recent guardrail modification !

Thank you again,

Allan Sheehan
Belmont, NH

August 1, 2017

Happy to report that re-shimming the 5 1/2 miles from Wolfeboro to Moultonboro was completed last week and that the job was done first rate. We live directly on Route 109 (Governor Wentworth Highway) and offered our driveway and water tap should the contractor need either. He didn't need either but the entire operation was done smoothly, politely, professionally, and with minimum traffic delay. Tribute to the team.

Tyler B. Phillips

July 11, 2017

A huge shout out to the men and women at NH DOT. The quick response to the major flood damage on 25a has been incredible. Thank you for all of your hard work and the endless hours you've all put in.

Sincerely, A very thankful
Orford resident

Jenny Lawrence Kilmer

August 31, 2017

Just wanted to express appreciation to DOT for finally re-striping the edge lines on Meredith Center Road; it has been a long wait. Moreover, the wider shoulder on the west bound section up to the Robbie Mills ballfields, between NH Route 106 and Lane Road, is near ideal for uphill cycling and there is a much greater sense of personal safety having that bright white line in place. Also, with the freshly painted edge markings on NH Route 106, the shoulders in that vicinity better help to separate motorized from non-motorized traffic, about the best it has been in a long time. Glad this matter is resolved, and thanks to all involved parties for getting the work done this summer.

Kimon Koulet

October 31, 2017

I would like to pass on my sincerest of thanks to the crew of NHDOT workers who arrived today promptly, first thing. They were efficient, and most of all thoughtful and courteous with respect to the care they took in removing the large and cumbersome tree that had fallen from the park onto our roof. Their efforts in removing all of the detritus, branches, vines, and limbs was beyond the call of duty, and for their attention to detail and good care of our property we could not be more appreciative, impressed, and thankful. My wife and I are truly grateful: Excellent work by all!!

Matthew Daigneault
Dover, NH

Note: The Turnpikes employees noted in the letter are Ted Rowland, Dave Michaud, Robert Daneau and Joseph Abell.

October 22, 2017

Hello, last night my tire blew out and I had to leave my car on the highway (I-93 south in Hooksett) and when I came back this morning, one of (your) employees, Chris, was right there to help me. I just wanted to mention this because he was so nice and caring and he even put my donut tire on for me. He was so helpful and I can't stress on how nice he was. I was pretty much hysterical over the fact that my tire was gone and he was so understanding and helped turned this mess around.

Jenn Pollack

*Committed to
Excellence, Safety,
Innovation, and
the Future...*

Governor:
Chris Sununu

Commissioner:
Victoria Sheehan

On the Move Editor:
Bill Boynton

Layout and Design:
L.J. Place



www.nh.gov/dot



Mark Kirouac Climbs the Highest Peak in the Lower 48 States

Six years ago Mark Kirouac made a decision. The Assistant Administrator of the Highway Maintenance Bureau decided to do something about his diagnosed health issues. Mark started climbing mountains – lots and lots of mountains.

"I starting hiking for my health," Mark says, and he hasn't stopped since.

After marking the milestone of climbing all 48 of New Hampshire's 4,000+ ft. peaks, Mark started looking beyond the State's borders. Last year he climbed Mt. Elbert in Colorado at over 14,000 feet. Then he set his sights on the highest peak in the lower 48 United States, Mt. Whitney in California's Sierra Nevada range, which rises to 14,508 feet.

After months of planning, training, and improving backpacking gear, Mark set out for California in early August, flying to Las Vegas and driving through Death Valley on the way to Mt. Whitney. He was fairly confident he could make the 22-mile round trip, but still was a little in awe.

"You have to acclimate to the altitude and the enormity of it all. The whole thing can be overwhelming. My biggest fear was altitude sickness."

Mark set out from the Mt. Whitney trailhead on the morning of August 8th, carrying everything from a tent and camp stove, to a water filter, and bear can to protect his food from certain wildlife. He camped at 12,000 feet, where the air is a little thin and overnight temperatures were dipping into the 40's. Getting up at 2:00 am on August 9th, he climbed the rest of the way to the summit, where he unfurled an American flag at sunrise and found a fellow hiker to capture the moment with his camera.

"It was an awesome experience, an incredible journey. I stayed at the summit for two hours, but it was not long enough."

Part of the climbing experience appeal for Mark is the interesting people he meets along the way. Then there are the health benefits.

Cover photo - A NHDOT Bridge Maintenance crew uses a crane to lower a concrete slab into place as part of the construction of a new bridge on NH Routes 18/116 over Indian Creek in Sugar Hill.